

The Book-seller to the Reader.

Since the Author of his studious care for the Common preservation hath freely bestow'd this Directory amongst us in Christian Charity, assuring my self I cannot do a better Office, I have freely given the charge of Paper and printing of this publication; not doubting but all will reap the benefit thereof, in the time of this Visitation, which is the prayer of

Thos. Rookes.

From the Sign of the Holy Lamb and Ink-bottle, at the East end of St. Pauls Church, 19 June 1665.

A
Directory for the POOR,
Against the *Plague* and Infecti-
ous Diseases.

Published for the Common good.

Since it hath pleased God to bestow a small Talent upon me, Christianity obliges me not to hide it in a Napkin, but freely to bestow it upon my fellow Christians, who are not able to purchase the advice of those who will communicate nothing *gratis*. Therefore, that every one may know how to prepare for themselves that means of preservation that God hath given us, and the dictates of Nature prompts every one to seek after, I have here published such Remedies, as, being timely used, will preserve all such as God hath appointed for life. And such as are not able to make it themselves, though the charge be very small, I hope Christian charity will move their Neighbours of more ability to provide it for them, and not suffer them to perish for want, and thereby endanger not only a greater calamity, but draw down a just Judgment upon themselves.

The Cordial Antidote against the Plague.

Take *Sage*, *Rue*, of each one handful, *Masterwort* root, *Butterbur* root, *Angelica* roots, and *Zedoary* of each half an ounce, *Virginia Snake-root* a quarter of an ounce, *Saffron* 20 graine, *Contra Terra* a dram (as the *Herb shops* and *Druggsters* you may have them all) *Malaga* Wine a quart, bruise the herbs, and pound the roots, and put them in a Pipkin close covered, and set it to the fire, and let it stand hot, but not boil, for the space of an hour or better, then strain it out, and put in a quarter of an ounce of *Aggredate*, and as much *Vinice Treacle*, which dissolve in it. Take hereof half a Spoonful every Morning first, and every Night last, for preservation; but if one be taken sick, then let them drink a quarter of a pint, and cover them to sweat. This drink will powerfully fortifie the vitals, and by sweat throw out the Malignity of the distemper. If you see that the party sweat not enough, you may give as much more; and so you may take a larger quantity then before is prescribed for Prevention, as you see cause, and the Constitution requires.

A Drink for all Malignant Fevers.

I commend unto you a Posset drink to drink after it, wherewith I have cured many hundreds, in the time of the late unhappy Wars, of desperate Fevers (*Cousin German* to the *Plague*) which was then an Epidemical disease, and used no other Medicine.

Take *Cardus Benedictus*, *Scabious* and *Butterbur* roots, and boil them in posset drink, and let them drink largely of it; and be not too sparing of your ingredients, for they are easie enough to be had.

It may be Objected, That it will be so bitter you cannot drink it; To remedy that, boil it in the milk first, and the longer it boils, the lesse bitter it will be; and when the bitterness is gone, strain it, & set it on the fire again, and when it boils, put in your drink, and let it stand to raise the curd, which takes off.

This Posset drink hath stayed violent Vomittings and Loosness: by drinking largely of it many have been cured in 24 hours, when nothing but death hath been expected.

An outward Application for the Plague.

I will likewise give you an outward Medicine, as good as you shall find in any sort composed, which you may make your selves. Take Bay salt if you can get it, and pound it small and burn it in a Fire-shovel till it leave crackling; if you cannot get Bay salt, take white salt and powder it very fine, then take *Cassia Iope*, slice it thin, and pound it in a Morter; add to it as much oil of Lillies, as will make it soft to an ointment, then take two parts of *Sage*, and one of *Figs*, and one of *Salt*, and another of *Mithridate*, and mix them together.

This will not deceive you in your expectation, for it will break any Pestilential Bubo, or Swelling, and turn out a Carbuncle, and strongly draws out the Malignity, and makes it fit to be cured by any ordinary Medicine.

I would admonish all, not to suffer any thirst in any of those that are sick, but forbid small and cold drink, but let them drink Beer of a reasonable strength, heated as hot as they can drink it, the hotter the better; & such as can attain unto it, may moderately drink fragrant generous Wine, & cordial Waters.

There is one main cause of Diseases, by which many people are spoiled, and all are in danger to be infected with some foul distemper or another. Nay, there is none in safety, but his life, or at least health is in danger of it, from him that sitteth on the Throne, to him that grindeth at the Mill, and that is the Butchers in blowing their meat, when nothing is more usual then for stinking fellows to blow up the meat with their filthy Pocky, Stinking, Putrified Breath, whereby they putrifie the flesh; and thereby are unknown Diseases communicated to the people, which is the cause of so many calamitous and strange distempers. It were therefore heartily to be wished, that the Right Honourable, the Lord Mayor and the rest of the Magistrates were well informed hereof, that by their pious care the Laws made against these P. silent Offenders were duly put in execution, which would conduce much to the health and safety of the people, which God preserve.

From my House in Water-lane near
the Custom-House, 16 June 1665.

Roger Dixon.

19 June 1665